



## USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 02-22-12)

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### 100276 – ORANGE JUICE, FROZEN, CONCENTRATE, 32 FL OZ

|  |  |
|--|--|
| <b>CATEGORY</b>                          | <ul style="list-style-type: none"><li>Vegetables/Fruits</li></ul>  |
| <b>PRODUCT DESCRIPTION</b>               | <ul style="list-style-type: none"><li>U.S. Grade A unsweetened frozen concentrated orange juice.</li></ul>   |
| <b>PACK/YIELD</b>                        | <ul style="list-style-type: none"><li>12/32 fl oz cans per case.</li><li>One can AP yields 16 cups (128 fl oz) reconstituted orange juice and provides about 64.0 ¼-cup servings full strength orange juice OR 64 Tbsp concentrate.</li><li>CN Crediting: ¼ cup full strength orange juice OR 1 Tbsp orange juice concentrate provides ½ cup fruit juice.</li></ul>  |
| <b>STORAGE</b>                           | <ul style="list-style-type: none"><li>Store unopened frozen orange juice concentrate at 0 °F or below, off the floor, and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration of the orange juice.</li><li>Store opened thawed orange juice concentrate covered and labeled in a dated nonmetallic container in the refrigerator and use within 2 days.</li><li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li></ul> |
| <b>PREPARATION/ COOKING INSTRUCTIONS</b> | <ul style="list-style-type: none"><li>To reconstitute orange juice concentrate, mix one can thawed concentrate with three cans water.</li></ul>  |
| <b>USES AND TIPS</b>                     | <ul style="list-style-type: none"><li>Reconstitute orange juice concentrate and serve as a beverage or use in salads, sauces, or desserts.</li></ul>   |

### Nutrition Information

Orange juice, concentrate

<sup>1</sup>reconstituted

<sup>2</sup>concentrate

|               | ¼ cup <sup>1</sup><br>(62 g) | 1 Tbsp <sup>2</sup><br>(18 g) |
|---------------|------------------------------|-------------------------------|
| Calories      | 28                           | 29                            |
| Protein       | 0.42 g                       | 0.43 g                        |
| Carbohydrate  | 6.68 g                       | 6.87 g                        |
| Dietary Fiber | 0.1 g                        | 0.1 g                         |
| Sugars        | 5.21 g                       | 6.73 g                        |
| Total Fat     | 0.04 g                       | 0.04 g                        |
| Saturated Fat | 0.00 g                       | 0.00 g                        |
| Trans Fat     | 0 g                          | 0 g                           |
| Cholesterol   | 0 mg                         | 0 mg                          |
| Iron          | 0.06 mg                      | 0.06 mg                       |
| Calcium       | 6 mg                         | 6 mg                          |
| Sodium        | 1 mg                         | 1 mg                          |
| Magnesium     | 6 mg                         | 6 mg                          |
| Potassium     | 118 mg                       | 121 mg                        |
| Vitamin A     | 66 IU                        | 68 IU                         |
| Vitamin A     | 3 RAE                        | 3 RAE                         |
| Vitamin C     | 24.2 mg                      | 24.8 mg                       |
| Vitamin E     | 0.12 mg                      | 0.13 mg                       |



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|                                 |  |
|---------------------------------|--|
| <b>FOOD SAFETY INFORMATION</b>  | <ul style="list-style-type: none"><li>• Thaw frozen orange juice concentrate in refrigerator and use as soon as possible after thawing.</li><li>• Do not refreeze orange juice.</li></ul>  |
| <b>BEST IF USED BY GUIDANCE</b> | <ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li></ul> |

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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